

Nutritional Medicine for Autistic Spectrum Disorder

resource list by Jillaine Wheeler-

The Pantry Practitioner- specialising in ASD together with biomedical practitioners in Melbourne, Sydney and Brisbane via Skype/ phone consults as well as in-kitchen support and group cooking demonstrations.

Autism is Treatable-

The Autism Research Institute (ARI) is the hub of a worldwide network of parents and professionals concerned with autism. ARI was founded in 1967 to conduct and foster scientific research designed to improve the methods of diagnosing, treating, and preventing autism. ARI also disseminates research findings to parents and others worldwide seeking help. The ARI data bank, the world's largest, contains over 40,000 detailed case histories of autistic children from over 60 countries. ARI publishes the Autism Research Review International, a quarterly newsletter covering biomedical and educational advances in autism research.

- FIRST STEPS http://www.autism.com/fam_whatisautism.asp
- Sign up for their newsletter: <http://www.autism.com/>
- Download their i-phone app 'Autism: Advice for Parents' and podcasts from iTunes.
- ARI- free Webcasts on your computer-
http://www.autism.com/fam_whatisautism.asp

Mindd Foundation promotes an integrative approach to healthcare for the whole family with a focus on biomedicine, nutrition, neuro-development and allied therapies. We help practitioners and patients find effective treatments for **M**etabolic, **I**mmunologic, **N**eurologic, **D**igestive, **D**evelopmental conditions that often affect the mind.

- Download the Handbook <http://mindd.org/s/uploads/pdf/MinddHandbook-Website.pdf>

It's time to take action- where do I begin?

Find a **Biomedical Doctor** who works with a **Nutritionist** or who is able to advise you on an appropriate diet to address the many underlying issues often associated with ASD. Commonly found are- gut inflammation, allergies, food intolerances, immune deficiency with chronic viral, parasitic or yeast infections. Heavy metal and endotoxicity are issues also which can be addressed progressively via the diet.

- Australian College of Nutritional and Environmental Medicine (ACNEM) Practitioner Register (search 'autism' within your state)
http://www.acnem.org/modules/mastop_publish/?tac=23
- Mindd Foundation- What is biomedical and where can I find support
<http://mindd.org/s/archives.php/229-References-Biomedicine.html>

A variety of Diets found to be useful in treating developmental delay and ASD- these can be further refined by your health care practitioner and/ or nutritionist.

- Which Diet is right for MY child? Karen Wheelwright <http://mindd.org/s/uploads/pdf/MinddErinaWheelrightonDiet.pdf>
- **The Specific Carbohydrate Diet (SCD)** for treatment of digestive disorders <http://www.breakingtheviciouscycle.info/>
- **The Gut and Psychology Syndrome Diet (GAPS)** Dr Natasha Campbell-McBride's application of the SCD diet and nutritional strategies to address ASD, asthma, allergies, anxiety, depression, epilepsy, diabetes, celiac disease all of which overlap each other in many cases. <http://www.gapsdiet.com/>
- **The Low Oxalate diet-** commonly elevated in children on the spectrum that have chronic gut and development issues. <http://www.lowoxalate.info/>
- **The Feingold Diet-** removing colours, preservatives, food additives and in some cases natural food chemicals for some results in alleviation of symptoms such as ADD/ ADHD, asthma, ASD, bedwetting, depression, learning disabilities, ear infections, eczema, irritable bowel syndrome, obsessive compulsive disorder and more. <http://www.feingold.org/>
- **Weston A Price foundation-** The Foundation is dedicated to restoring nutrient-dense foods to the human diet through education, research and activism. It supports a number of movements that contribute to this objective including accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community-supported farms, honest and informative labeling, prepared parenting and nurturing therapies. Specific goals include establishment of universal access to clean, certified raw milk and a ban on the use of soy formula for infants. <http://www.westonaprice.org/>
- **The Anti-candida diet-** very common abnormality in autism is a gastrointestinal overgrowth of Candida. Candida is a member of the yeast family - a type of fungus. Drugs that kill yeast or fungus are called antifungal drugs. The greatest bulk of Candida is present in the intestinal tract, although it may occasionally enter the bloodstream and has been detected in the blood of children with autism. <http://www.healingnaturallybybee.com/articles/autism2.php>

Someone to talk to who knows what you're experiencing

- Minnd Foundation 'rescue angels' <http://mindd.org/s/archives.php/140-Rescue-Angels.html>

More Books, web sites, DVDs, podcasts and additional resources;

- ACNEM- books on a variety of health topics http://www.acnem.org/modules/mastop_publish/?tac=22
- Weekly Diet Webcasts by Julie Matthews (Author Nourishing Hope for Autism)- <http://www.nourishinghope.com/page.php?f=wb>
- Breaking The Vicious Cycle by Elaine Gottschall outlines the Specific Carbohydrate diet and is available through a variety of web sites, so shop around- http://www.breakingtheviciouscycle.info/book/the_book.htm
- SCD data base http://www.breakingtheviciouscycle.info/knowledge_base/the_scd_knowledge_base.htm
- Menu Planners <http://allergyfreemenuplanners.com>

A SAMPLE MENU-

A STEP IN THE RIGHT DIRECTION TOWARDS RECOVERING OUR KIDS WITH NUTRITIONAL MEDICINE:

Breakfast

Organic Chicken and veggie Frittata OR

A no-milk smoothie using frozen banana, eggs, cinnamon, nutmeg and a drizzle of coconut oil

Snacks

Organic chicken skin chips OR

Homemade beef jerky- free of sugars, additive and growth promotents OR

Guacamole and grain-free seed crackers

Lunch

Almond Flour Pizza with homemade presto and nitrate free ham OR

Slow cooker lamb shanks with cauliflower and white bean mash.

Dinner

Organic Chicken and Veg soup with pumpernickel toast (grain free) OR

Organic gluten and grain-free noodles with rich organic liver and beef bolognese sauce

OR Fresh seafood Rillette with garden fresh greens and homemade dressing.

Drinks

Calming Cooler sweetened with stevia

Dessert

Gluten and dairy free pumpkin pie or lemon flan with coconut cream and crispy almonds.

Note- not all foods are appropriate for all children on the spectrum. A thorough assessment and testing is important for prescription of a diet to suit your Childs specific developmental and nutritional requirements.